

The background image shows two elderly individuals walking away from the camera on a paved path. The person on the left is wearing a dark jacket and light-colored trousers, while the person on the right is wearing a light blue jacket and dark trousers, using a walking stick. They are surrounded by green grass, tall reeds, and trees with autumn foliage under a clear blue sky. The entire scene is framed by a white, hand-drawn style border.

Stratham Age Friendly Community Forum

May 25, 2022

Agenda

- **Age Friendly Communities Program Overview**
- **Stratham Age Friendly Community Survey Results**
- **Stratham Senior Services & programs Snapshot:**
 - Parks & Recreation
 - Wiggin Memorial Library
 - Stratham 76ers
 - Rockingham Nutrition Meals on Wheels
 - Transportation Assistance For Seacoast Citizens
 - St Vincent De Paul Community Assistance Center
 - Exeter Adult Education
 - Service Link
- **Community Input Sessions:**
 - Recreation & Social Opportunities
 - Senior services (transportation, support, health etc.)
 - Housing & Livability
- **Wrap-up & Thank you!**

Age Friendly Communities Initiative Rockingham Planning Region

- Funding from Tufts Health Plan Foundation
- Rockingham Meals on Wheels fiscal agent
- AARP National Framework
- Builds on work in NH by
 - Southern NH Planning Commission
 - Southwest Regional Planning Commission
 - Strafford Regional Planning Commission
 - Gibson Center and Mt. Washington Valley communities
 - City of Portsmouth and other communities



AARP 8 Dimensions of Age Friendly Communities

Outdoor Spaces
& Buildings



Transportation



Housing



Social
Participation



Respect &
Social Inclusion



Work & Civic
Engagement

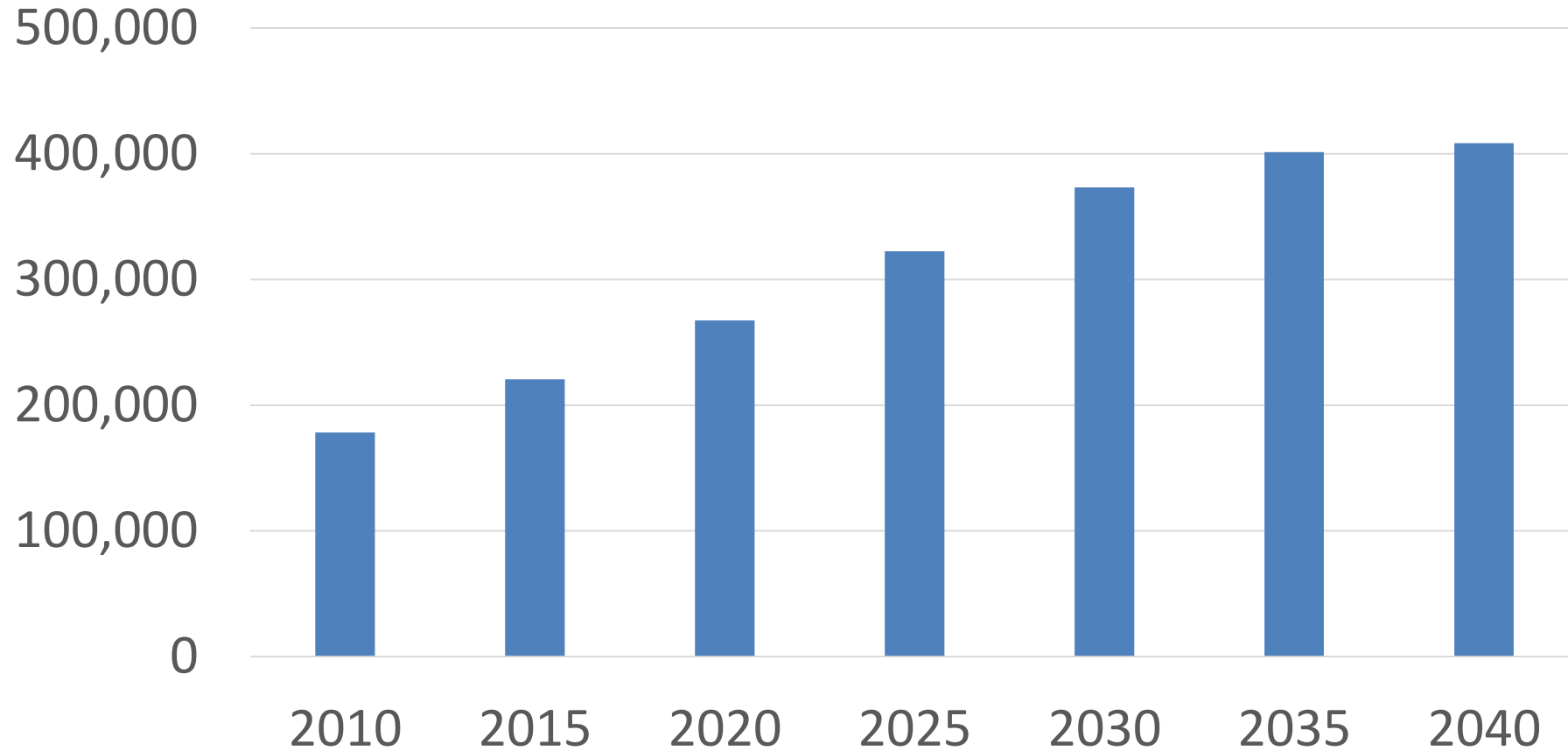


Communication
& Information



Health &
Nutrition
Services

New Hampshire Population Age 65+ 2010-2040



220,672 in 2015 → ***408,522 in 2040***

One in Five Americans Age 65+ Doesn't Drive
-AARP



That's 75,000 Non-Driving Older Adults in NH by 2030
Based on projected 65+ population of 373,209

Community Assessments

- Guided by local Steering Committees
- Community Survey
- Local Community Forum
- Asset Inventory
- Assessment Report



Collaboration & Regional Steering Committee

Steering Committee & Other Project Partners

- Municipal Staff & Elected Officials
 - Rockingham Planning Commission
 - Rockingham Nutritional Meals on Wheels
 - AARP New Hampshire
 - Seacoast Public Health Network
 - COAST/Alliance for Community Transportation
 - NH Alliance for Healthy Aging
 - Rockingham VNA
 - Racial Unity Team
 - Older Adult Citizen Members
-
- UNH Center for Aging and Community Living
 - NH State Commission on Aging





Stratham Age Friendly Survey Results

Survey Summary:

- ❑ Survey launched 3/1/22
- ❑ 236 responses
- ❑ Age Breakdown:
 - 25-34 years old – 1%
 - 35-44 years old – 5%
 - 45-54 years old – 12%
 - 55-64 years old – 19%
 - 65 – 74 years old – 40%
 - 75 – 84 years old – 19%
 - 85+ - 4%
- ❑ Encouraged online participation, paper copies available at town hall, library



Survey Results: Major Themes / Top Concerns



Access to affordable transportation options



Affordable senior support services

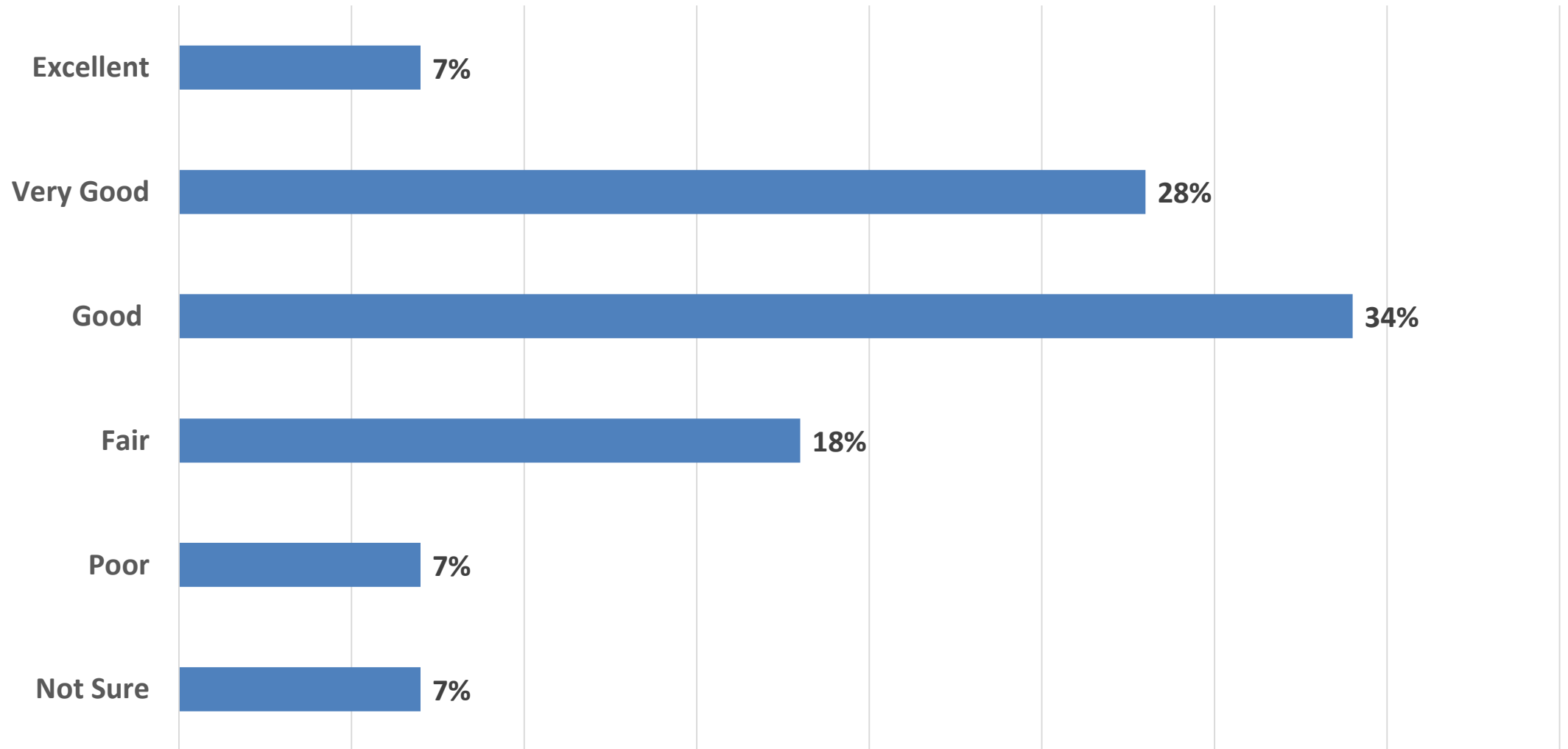


Affordable housing options

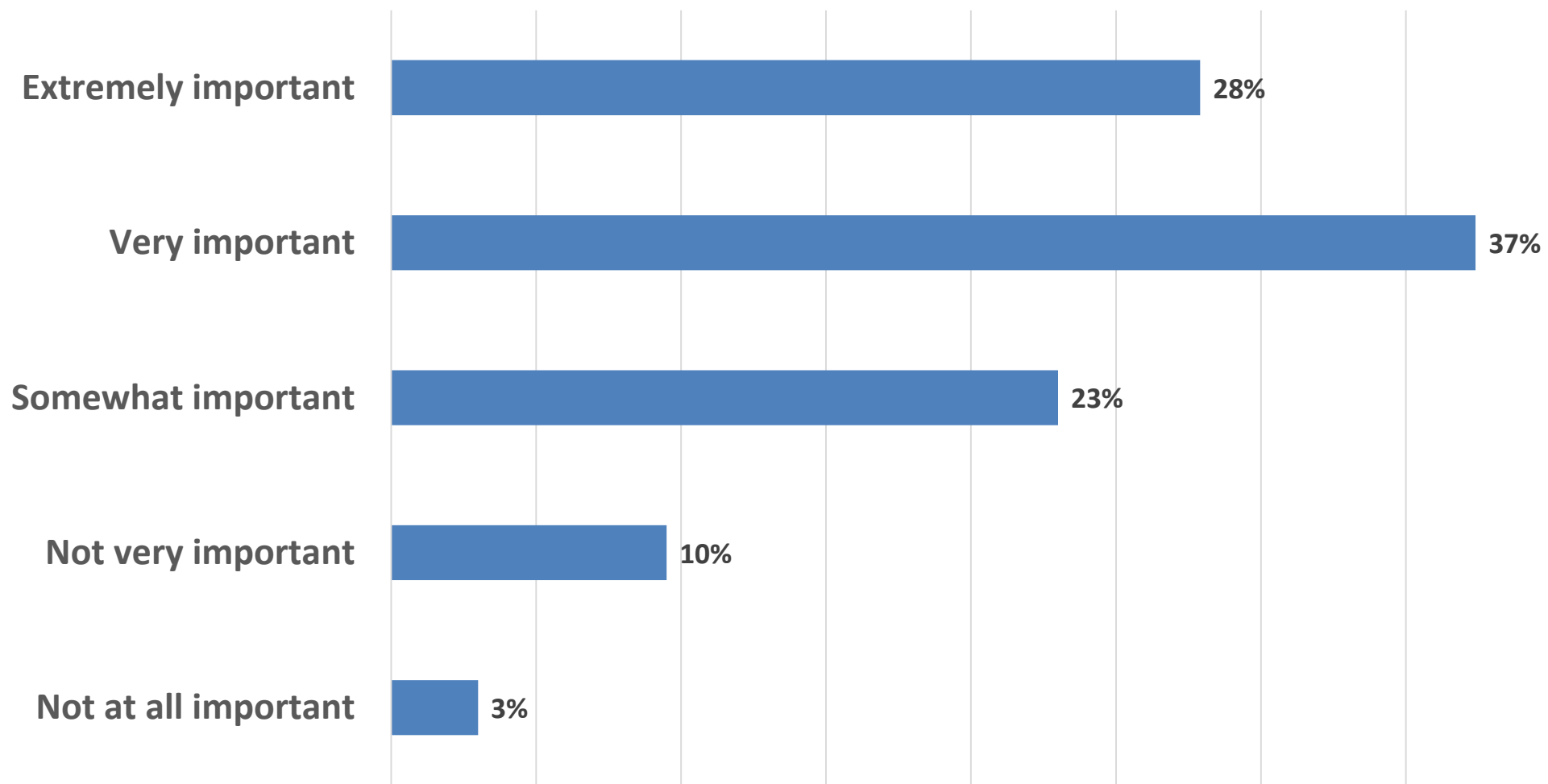


Recreation and social opportunities

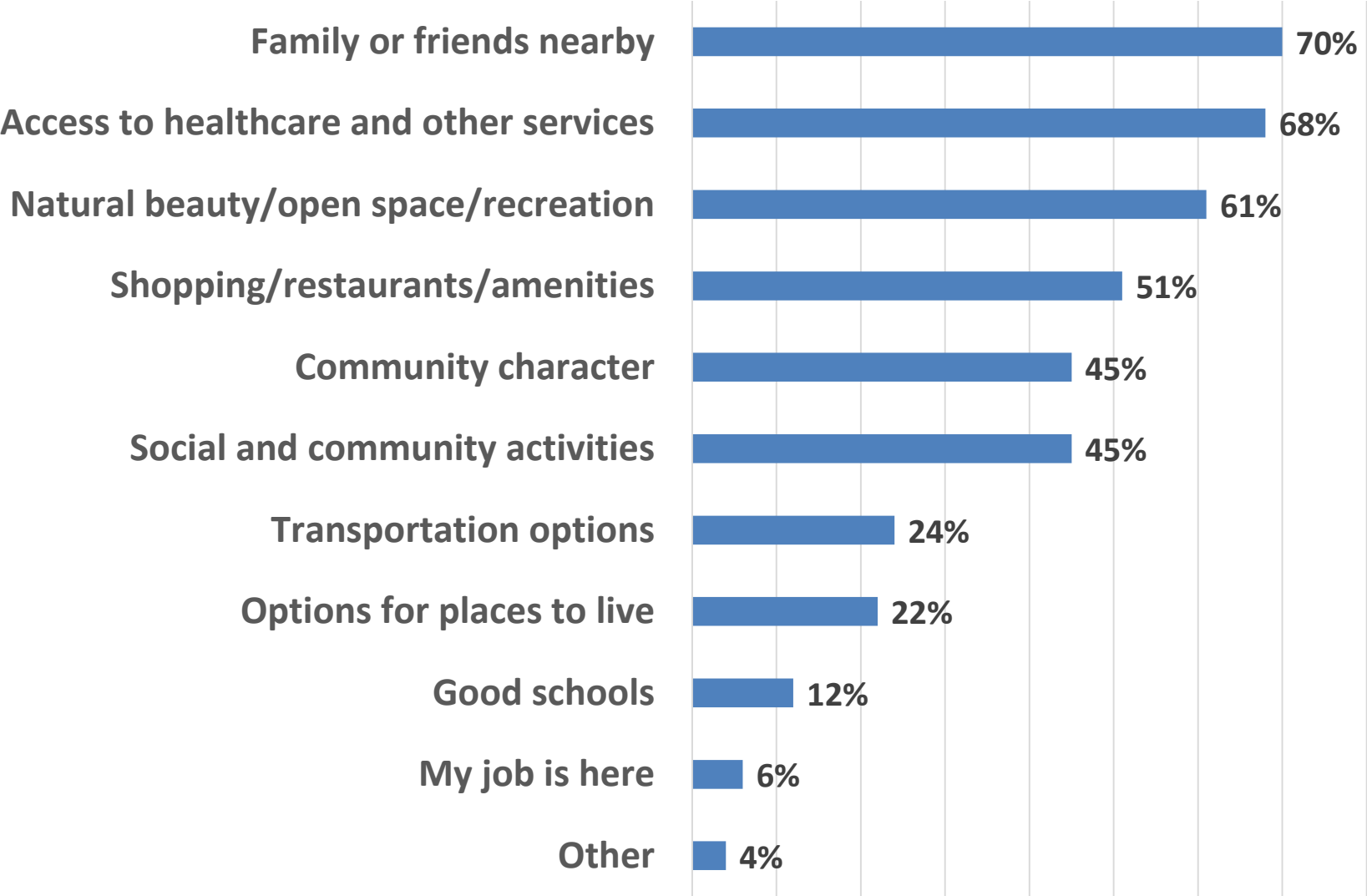
Q3) How would you rate your town as a place for people to live as older adults?



Q5) How important is it for you to remain in your town as your reach your 70s, 80s and beyond?

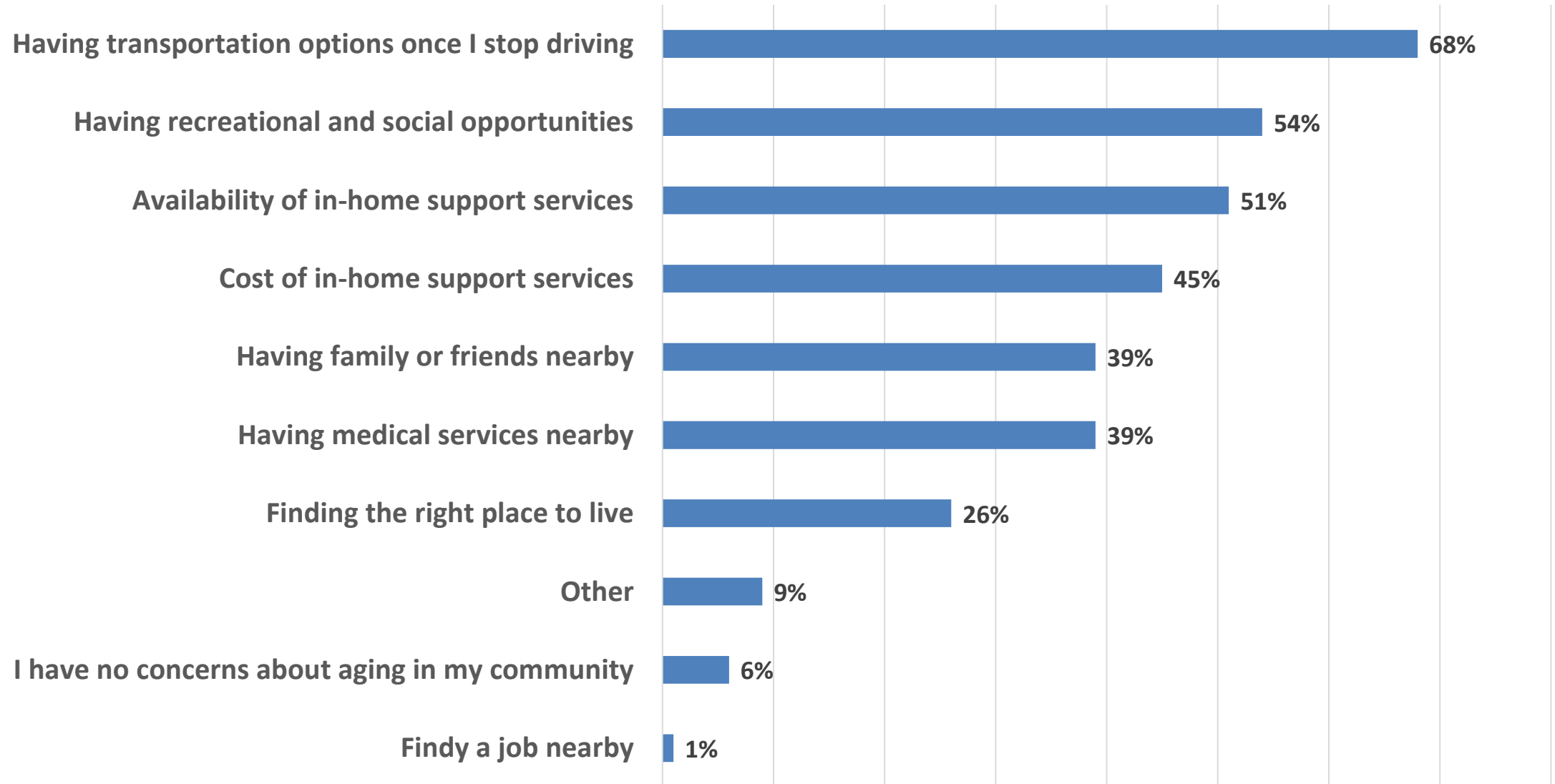


Q6) Which of the following reasons would likely *keep* you in your current town as you reach your 70s, 80s and beyond?



“We recently moved to the Stratham area because of the natural environmental beauty. In our previous state, we saw open land developed into endless Targets, Walmarts, fast-food establishments, strip malls and car dealerships. Please realize the land in the Seacoast area and all of New Hampshire needs to be protected.”

Q7) What if anything concerns you most about growing into older adulthood in your community?



Q8) Regarding the concerns you noted in the previous question, what changes would help?



“Would like more accessibility for walking around town, particularly along Portsmouth Ave and through Stratham circle up toward the park”

“When I'm eventually unable to drive, I have no idea how I'll get to stores, medical appointments, entertainment, recreation, etc.”

“As housing gets more unaffordable for working middle class in Stratham, I'm concerned about the cost once I am on a fixed income.”

“Access to affordable in-home services. Ensuring that I could get public transportation to grocery stores, doctor appointments, and community activities.”

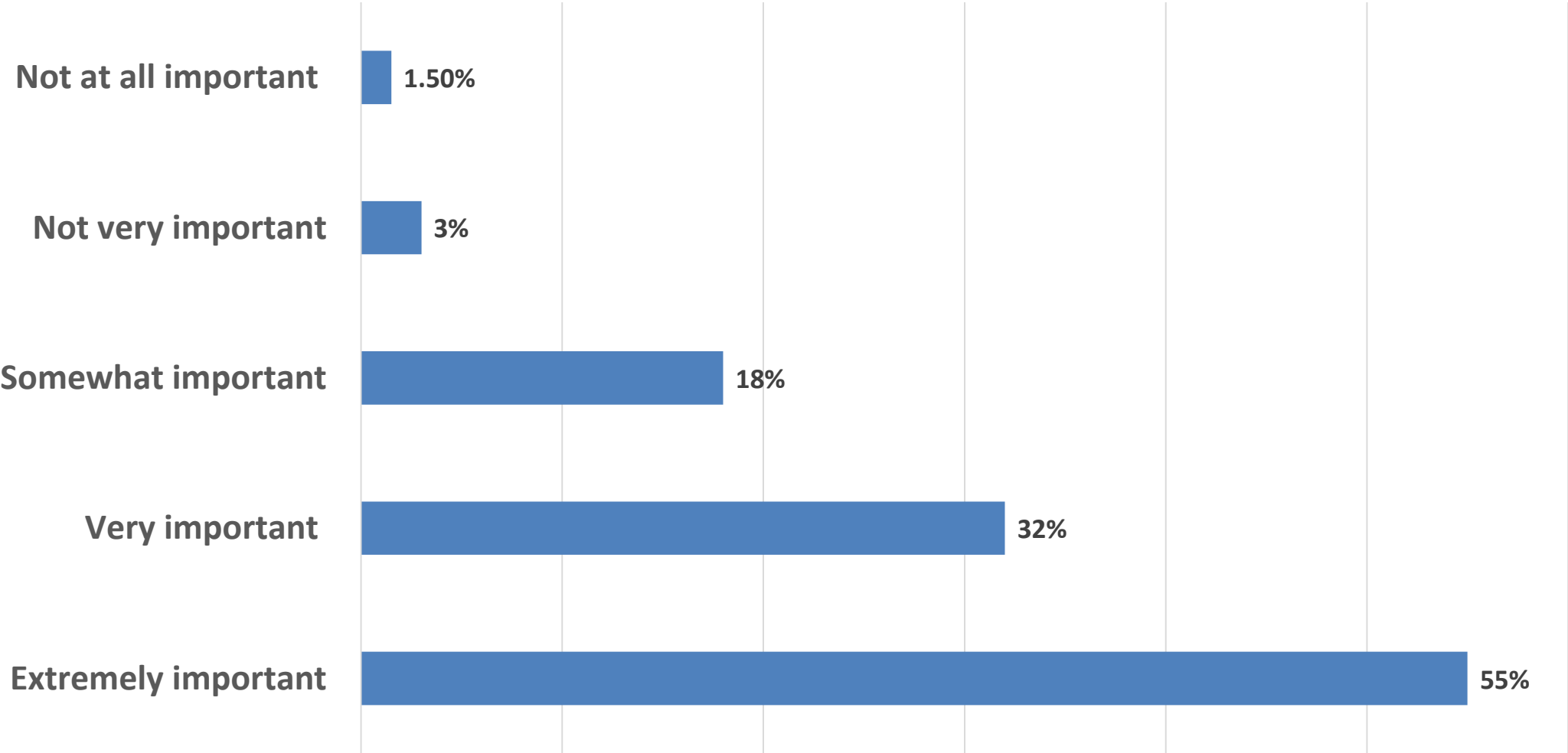
	Many available	Some available	Few available	None available	Not applicable	Don't know
Desired type of home (ex. single family, apartment, condo, other)	2% Many available	17% Some available	41% Few available	14% None available	15% Not applicable	10% Don't know
Design (ex. single floor living, width of doors, few entry steps)	1% Many available	18% Some available	37% Few available	13% None available	15% Not applicable	15% Don't know
Location near places I want to go	6% Many available	19% Some available	37% Few available	11% None available	13% Not applicable	14% Don't know
Level of maintenance I'm willing to take on (ex. lawn, raking, snow clearance)	7% Many available	21% Some available	36% Few available	9% None available	15% Not applicable	11% Don't know
Affordability within my budget	2% Many available	16% Some available	37% Few available	23% None available	14% Not applicable	8% Don't know
Somewhere I'll feel acceptance (if looking for an assisted living or other retirement community)	2% Many available	21% Some available	26% Few available	6% None available	25% Not applicable	21% Don't know

138 respondents

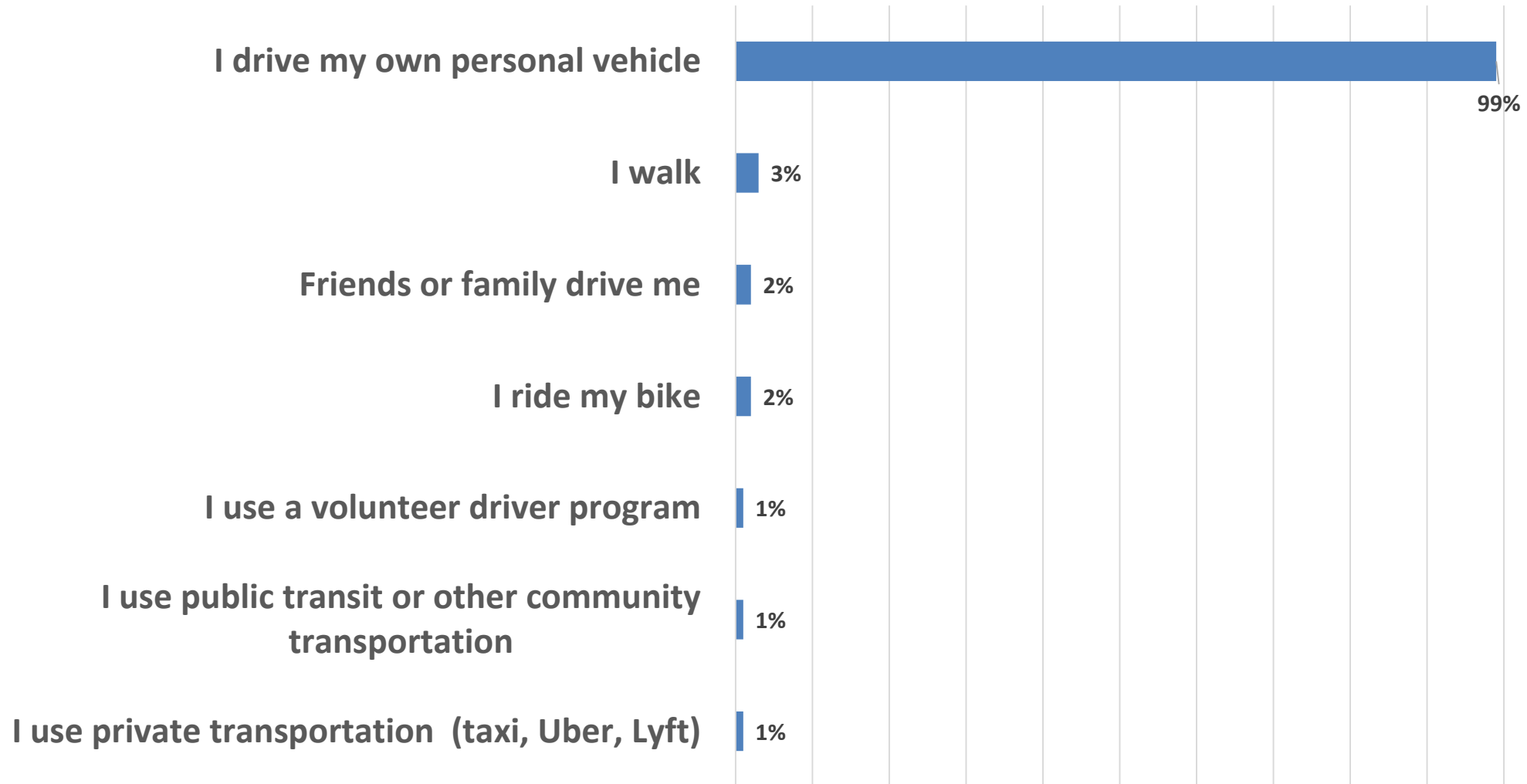
Q11) If you have looked for a place to live in the past five years, or are considering finding another place to live in your community in the future, how would you rate the following options:

"I suspect I'll remain in my large family home because of lack of appropriate housing for seniors. I am not in a position to afford a facility such as Riverwoods."

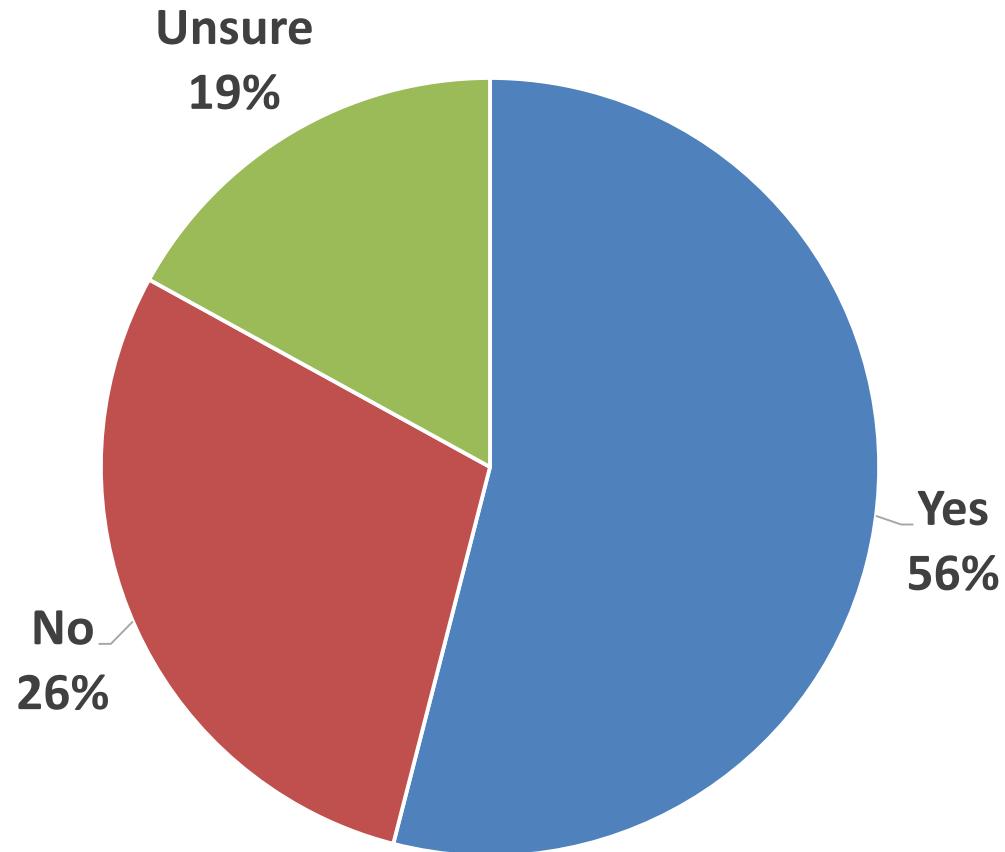
Q12)How important is it for you to be able to live independently in your own home as you grow into older adulthood



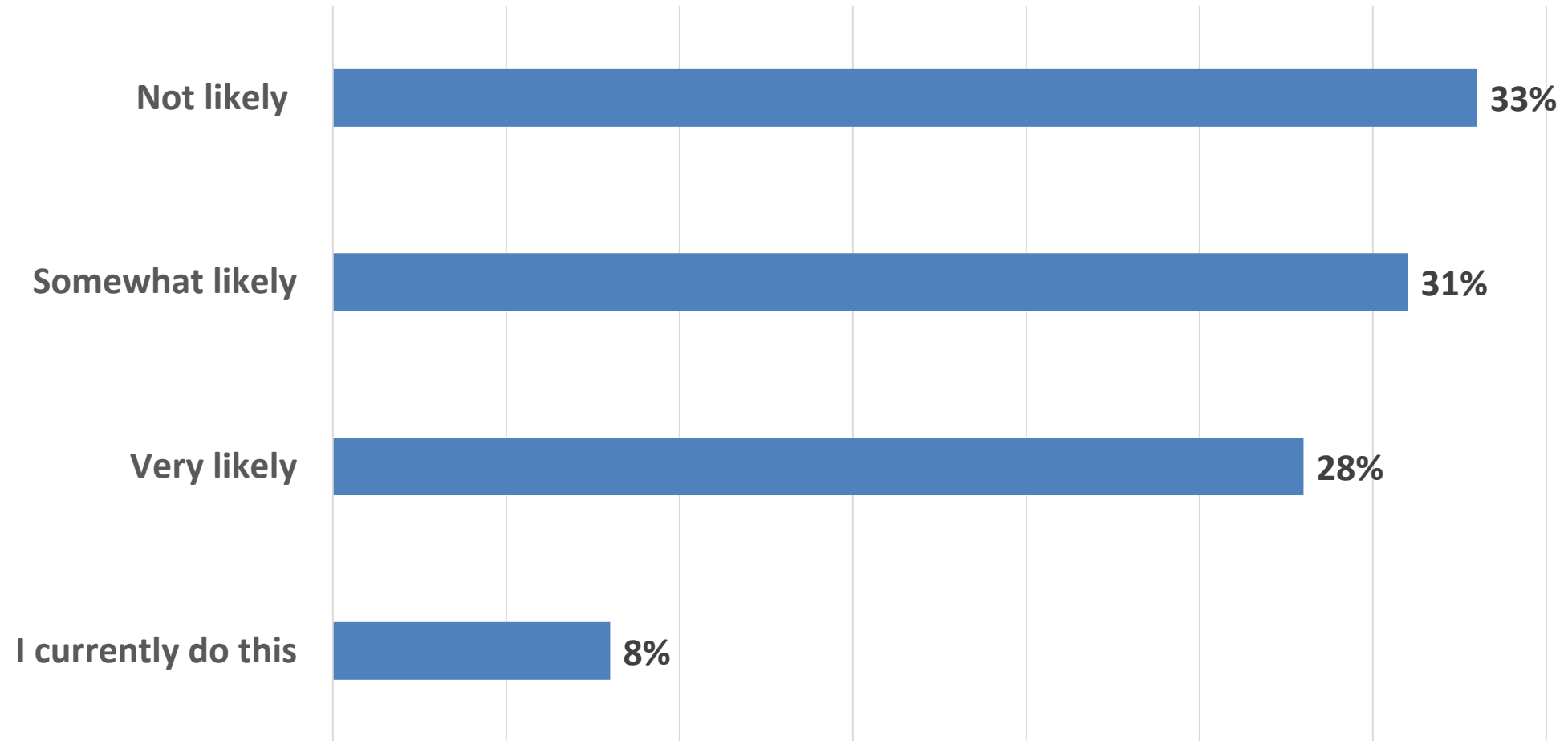
Q13)How do you typically travel to meet your daily needs (grocery shopping, employment, medical appointments, etc.)?



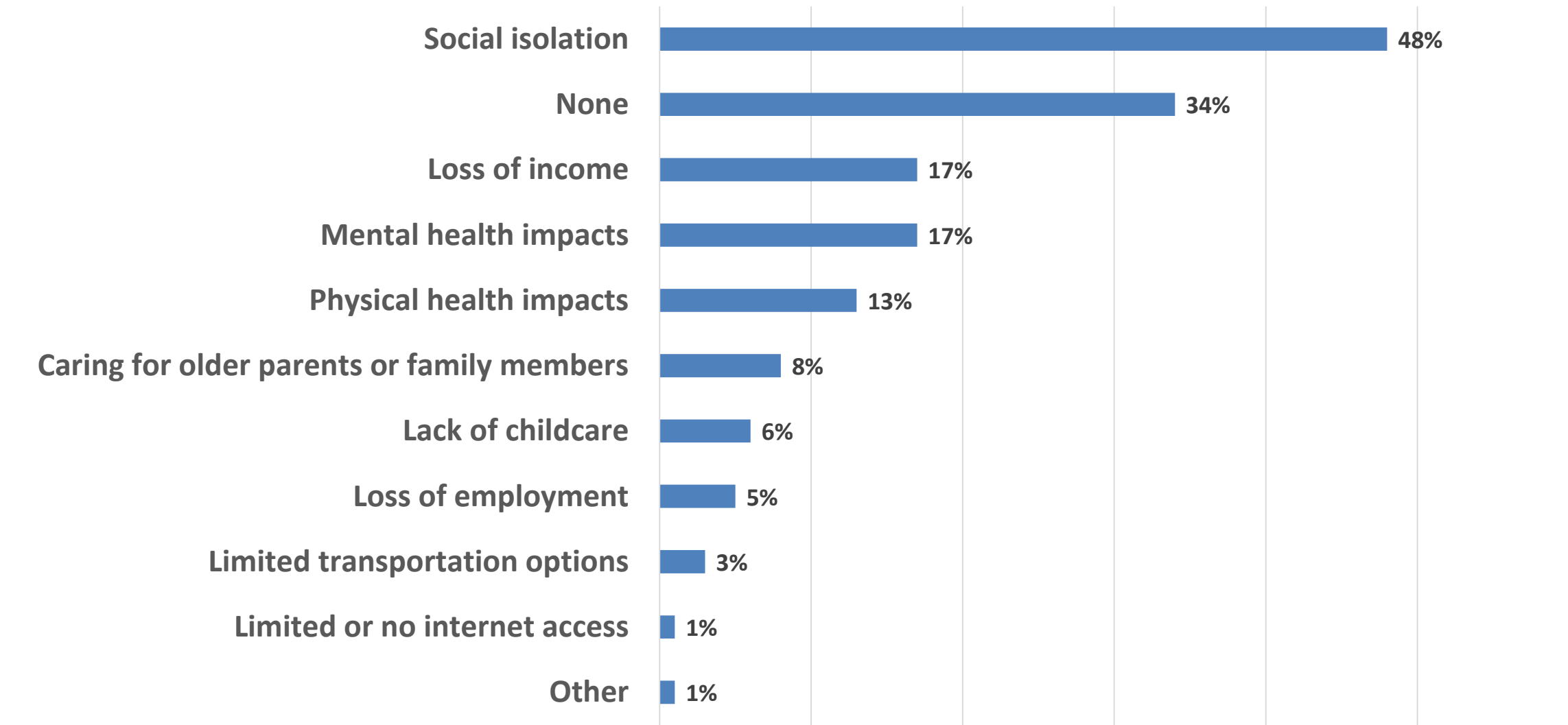
Q18) Do you have family or friends nearby who can provide you with assistance now or in the future for things like running errands, transportation, cooking, and self care?



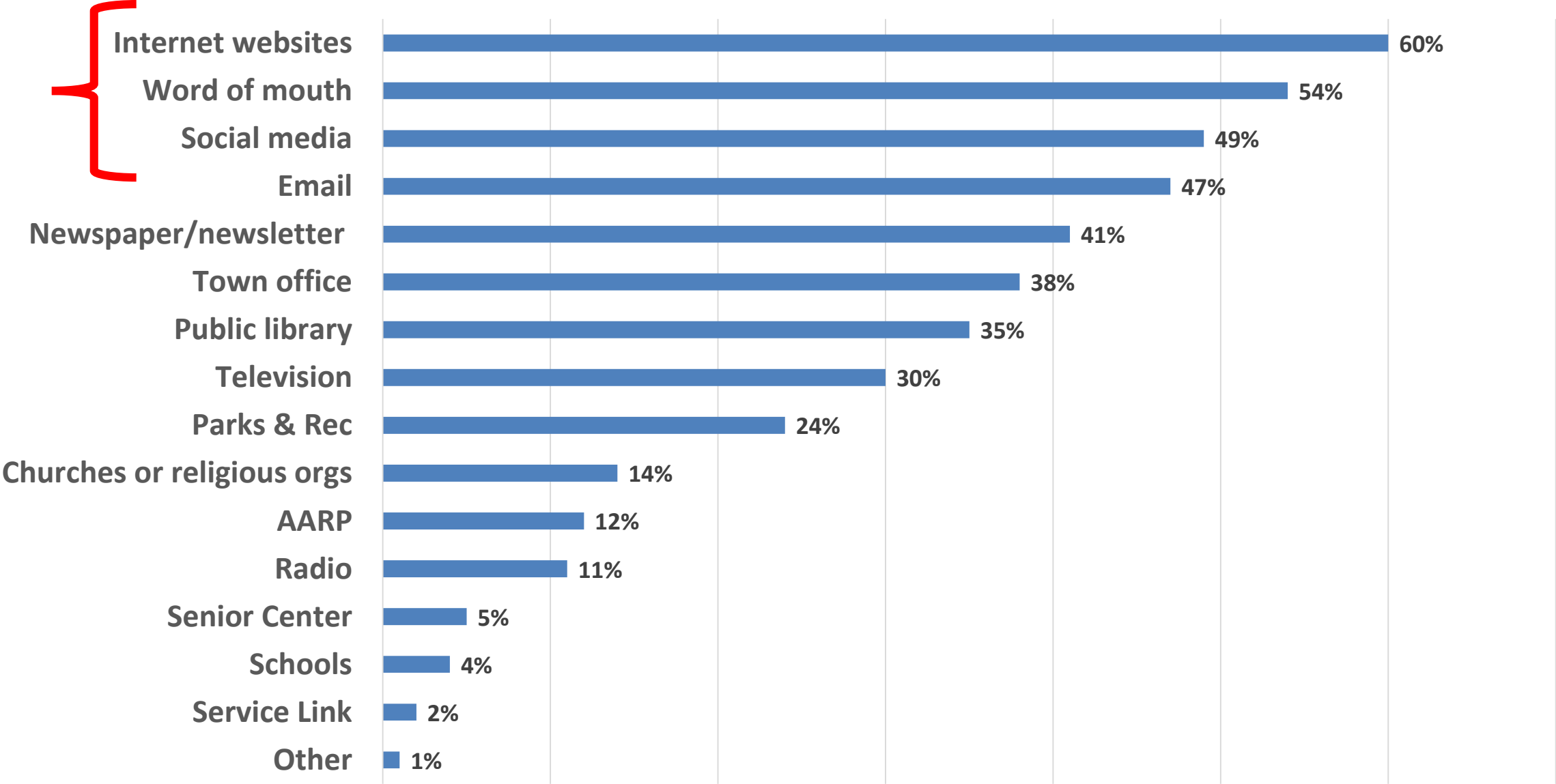
Q19) How likely is it that you will provide care to an adult family member or friend in the future?



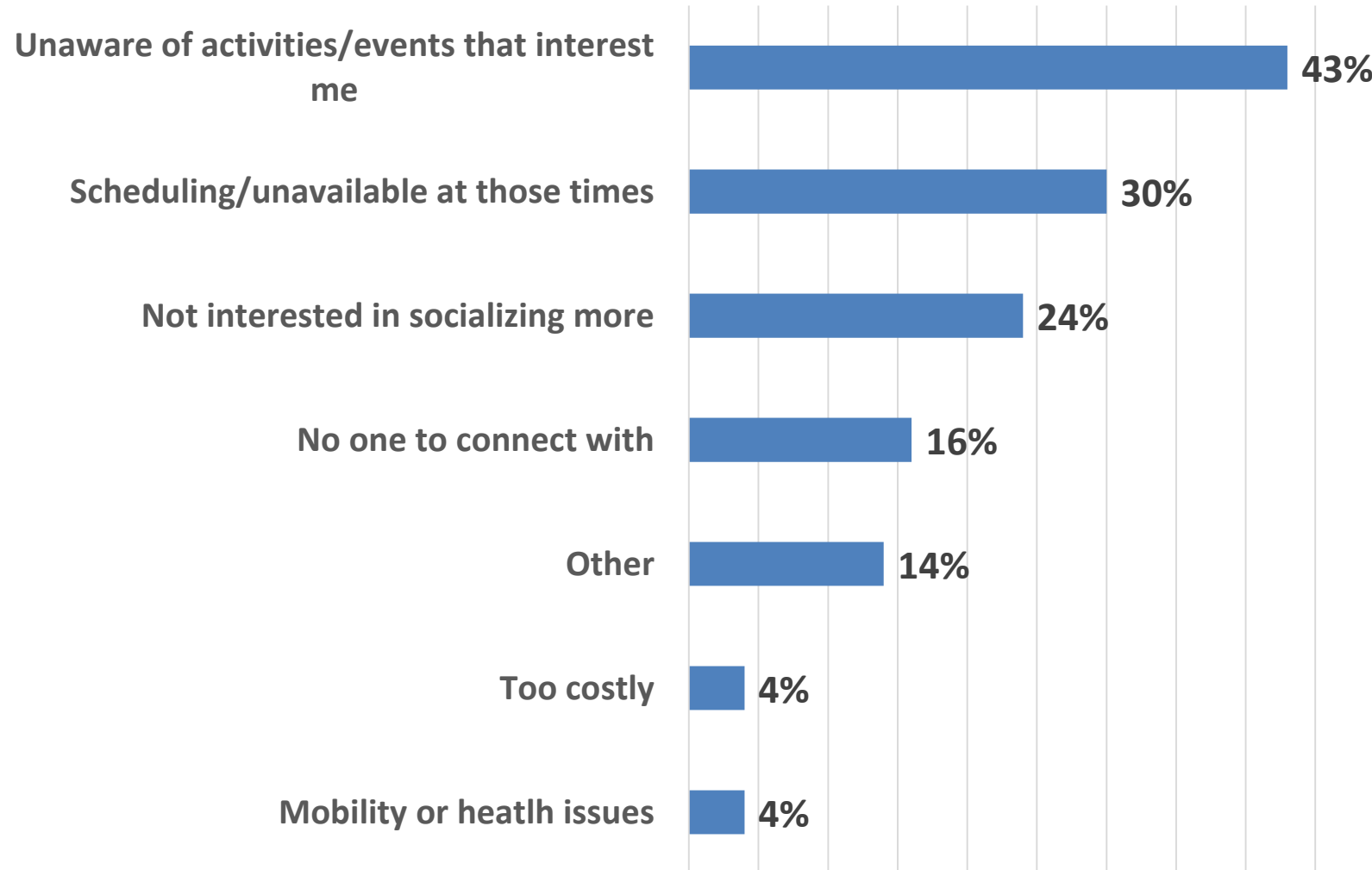
Q23) Which if any of the following challenges have you or your household faced due to COVID-19?



Q24) How do you get information about services or events in your community?



Q30) If you would like to have more social contact with others, what prevents you from doing so?



"I'm just not aware of what is available for older people other than Stratham Hill Park" – Stratham Survey respondent

Full Survey Report:

<https://publicinput.com/Report/2mpntopnlqr>

Stratham Senior Services & Programs Snapshot



Stratham Parks and Recreation

Wiggin Memorial Library

Stratham 76ers

Rockingham Nutrition Meals on Wheels

Transportation Assistance for Seacoast Citizens (TASC)

St Vincent De Paul Community Assistance Center

Exeter Adult Education

ServiceLink

Thank you to the town of Stratham and to our Age Friendly project funders:

